

UNIVERSITY OF RUHUNA
BACHELOR OF SCIENCE IN MARINE AND FRESH WATER SCIENCES DEGREE
BACHELOR OF SCIENCE IN FISHERIES AND MARINE SCIENCES DEGREE

Level I Semester I – 2017 July / August

FDN 1131 – Snorkeling and Life Saving

Time: 01 hour

Answer all questions in Part I and only one question from Part II

Part I – Structured Essay (30 min)

Write your answers in the space provided for each question. Please note that the space provided is sufficient for your answer and extensive answers are not expected.

- 1) The following table shows the hazards that can be occurred at a waterfront facility. Fill the blank column by writing “U” for underwater hazards, “P” for those can be caused by pier (dock) formations and “C” for those can be caused by a change in water conditions. (10 Marks)

Holes in the swimming area	
Currents	
Thermoclines	
Submerged objects	
Unanchored floating rafts	

- 2) Mention two advantages of warm-up exercises before a swimming session. (10 Marks)

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- 3) State at which occasion the side stroke/free style becomes a useful swimming technique. (05 Marks)

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4) Explain what is meant by “Undertow”. (05 Marks)

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5) “The knowledge and competencies on survival techniques, judgment skills and fitness to cope with the situation, support a diver/swimmer to survive in a deep-water emergency”. What are the other factors that a diver/swimmer should be aware of? (10 Marks)

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6) List two methods to maintain the body temperature while diving (or swimming select one) in cold-water environment. (10 Marks)

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7) The following table shows the steps that a lifeguard should follow in a rescue operation. Write the correct sequence number (1 to 9) for each step and fill the blank column. (20 Marks)

Step	No
Approach rapidly, keeping victim in sight and calm	
Provides emergency care as needed	
Recognizes an emergency in the water	
Uses rescue equipment	
Moves the victim to safety	
Removes the victim from the water	
Safely enters the water, if needed	
Assesses the victim’s condition	
Activates the EAP (Emergency Action Plan)	
Performs an appropriate rescue	

8) Explain the alternative procedure, if you get tired while performing CPR. (10 Marks)

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9) What should you do if a drowned person vomits during CPR administering? (10 Marks)

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10) Give two reasons for “Non-expanding chest” during CPR administering. (10 Marks)

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Part II – Essay (30 min)

Answer only one question

1.

a) Briefly explain your self-considerations, when you decide to rescue a person who is drowning in the middle of a river. (30 Marks)

b) Explain the safety swimming instructions that can be given to a person who cannot swim. (70 Marks)

2.

a) Explain why ear clearing (equalization) is essential when descending and its importance for a diver. (50 Marks)

b) State the function of a wet suit in an underwater environment. (50 Marks)

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